



**2022 USATF Dakotas Championships Junior Olympics,
Open, Masters Track & Field, and Racewalk
Friday - Saturday, June 10-11, 2022
Fargo South High School, Fargo ,ND**

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

8 & under (born 2014 +)
9 - 10 (born 2012-2013)
11 - 12 (born 2010-2011)
13 - 14 (born 2008-2009)
15 - 16 (born 2006-2007)
17 - 18 (born 2004-2005)
* athletes born in 2003 are also eligible if they do not turn 19 on or before 7/30/2022



Event Entry:

Step 1: Become a USATF Member – go to <https://www.usatf.org/home/top-utility-nav-content/membership>

Step 2: On <https://usatf.sport80.com/> once you have a membership, go to Athlete Verification and download a copy of your child’s birth certificate. The USATF National office will verify age within 5 business days.

Step 3: Go to athletic.net, start an account and search for the meet if unattached. Club coaches usually enter their athletes, so refer to your coaches on their process.

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2021 members of USATF in good standing.

Relay Teams: Only registered 2022 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

ENTRY PROCESS:

- Individual Entries: \$6 per event
- Relay Entries: **\$24** per relay team
- Decathlon/Heptathlon: \$10 per athlete
- Triathlon/Pentathlon: \$6 per athlete

Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/TrackAndField/meet/409647/info>. **Late entries will not be allowed. Fees must be paid online by the close of registration by noon on Thursday, June 9.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Valid 2022 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete’s Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver’s license or U.S. government identification). **Please send one of these to Tim McLagan- at coach@elitetenf.com.** See Rule 300.1 (i) for further explanation.

Waiver 300 Rule:

Athletes not from the Dakotas Association must fill out a waiver 300 form for permission to compete at another association meet: <https://usatf.wufoo.com/forms/youth-member-rule-300-h-waiver/>

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

ADVANCEMENTS: The top 8 individuals and relay teams in each event of each age division will advance to the USATF Region 8 Championships to be held on July 7-10, Lakeville, MN. Advancements must be completed by declaring at Athletic.net.

The National Junior Olympic Championships will be held from Monday, July 25th to Sunday, July 31st in Jacksonville, FL. The top 5 athletes at the Region 8 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<https://www.usatf.org/events/2022/2022-usatf-national-junior-olympic-track-field-cha>

SCHEDULE:

Friday, June 10th – Combined Events Day 1

12:00PM	Decathlon (100, LJ, SP, HJ, 400m) 15-16(B), 17-18(M), OPEN, MASTERS
12:30PM	Heptathlon (100H, HJ, SP, 200) 15-16(G), 17-18(W), OPEN, MASTERS
4:00PM	Pentathlon (80H, SP, HJ, LJ, 800/1500) 11-12(G-B), 13-14(G-B) Triathlon (SP, HJ, 200/400) 9-10(G), 9-10(B)

Saturday, June 11th - Combined Events – Day 2

9:00AM	Decathlon (110H, Discus, PV, Javelin, 1500) Heptathlon (LJ, Javelin, 800)
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Field Events – Day 2 – June 11th- Day 2

**indicates estimated times*

Open/Masters athletes will compete in the older age group sections

9:00AM	1500RW (9-10) 11-12), 3K (13-14) (15-16) (17-18), 5K Racewalk Championships
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12:00PM	Pole Vault Girls– (13-14), (15-16), (17-18)
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High Jump Girls –	(13-14), (15-16), (17-18) *(12:00-1:00) (9-10), (11-12) *(1:00-2:00)
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Long Jump Boys –	(8 & U), (9-10), (11-12) *Cafeteria Style per Age Sections *(12:00-1:30) *4 jumps (13-14), (15-16), (17-18) *Cafeteria style per age Sections *(1:30-on) *4 jumps
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Long Jump Girls -	(8 & U), (9-10), (11-12) *Cafeteria Style per Age Sections *(12:00-1:30) *4 jumps (13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(1:30-on) *4 jumps
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Triple to follow LJ:

Triple Jump Girls -	(13-14), (15-16), (17-18) *Cafeteria Style – 4 jumps
Triple Jump Boys -	(13-14), (15-16), (17-18) *Cafeteria Style – 4 jumps

Shot Put Girls -	(13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(12:00-1:00) (8 & U), (9-10), (11-12) *Cafeteria Style per Age Sections *(1:00-2:00)
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Javelin Boys -	(13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(12:00-1:00) (8 & U), (9-10), (11-12) *Cafeteria Style per Age Sections *(1:00-2:00)
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1:00PM	Hammer – Girls & Boys (15-16), (17-18)
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2:00PM	Pole Vault Boys - (13-14), (15-16), (17-18)
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High Jump Boys –	(13-14), (15-16), (17-18) *(2:00-3:00) (9-10), (11-12) *(3:00-4:00)
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Shot Put Boys – (13-14), (15-16), (17-18) *(2:00-3:00)
(8 &U), (9-10), (11-12) *(3:00-4:00)

Javelin Girls - (8 &U), (9-10), (11-12) *(2:00-3:00)
(13-14), (15-16), (17-18) *(3:00-4:00)

3:00PM Girls & Boys Discus - (11-12), (13-14), (15-16), (17-18) * Cafeteria Style

Running Schedule – June 11th, 2022

(8 &U), (9-10), (11-12), (13-14), (15-16), (17-18) *Girls followed by Boys in each age group. *Followed by Open W&M & Masters W&M.

1:00 PM *Rolling Time Schedule
2000m Steeplechase - (15-16), (17-18)
3000m Run – (11-12), (13-14), (15-16), (17-18)
4X100 Relay – All age groups
80m Hurdles – (G/B 11-12)
100m Hurdles – (G/B 13-14) (G15-16) (G17-18)
110m Hurdles – (B15-16) (B17-18)
100m Dash – All Age Groups
400m Dash – All Age Groups
4X800 Relay - (11-12), (13-14), (15-16), (17-18)
200m Dash – All Age Groups
800m Run – All Age Groups
200m Hurdles – (G/B 13-14)
400m Hurdles – (15-16), (17-18)
1500m Run – All Age Groups
4X400 Relay – All Age Groups

IMPLEMENT WEIGH-IN: Combined event weigh-ins will be before competition on Day 1.
All field event weigh-ins will be done Saturday morning from 10:00-11:30AM underneath the bleachers behind the fenced area on the Northeast corner of the track.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5.00. Bib numbers will be distributed to athletes during athlete check-in from 9:00-11:00AM At the south gate entrance.

EVENT RESULTS: During competition, event results will be posted at Wayzataresults.com. In addition, event results will be posted on athletic.net.

PROTESTS: There will be a \$50.00 fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

GATE ADMISSION FEES: \$5, Free 5 & under

CONTACT:

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